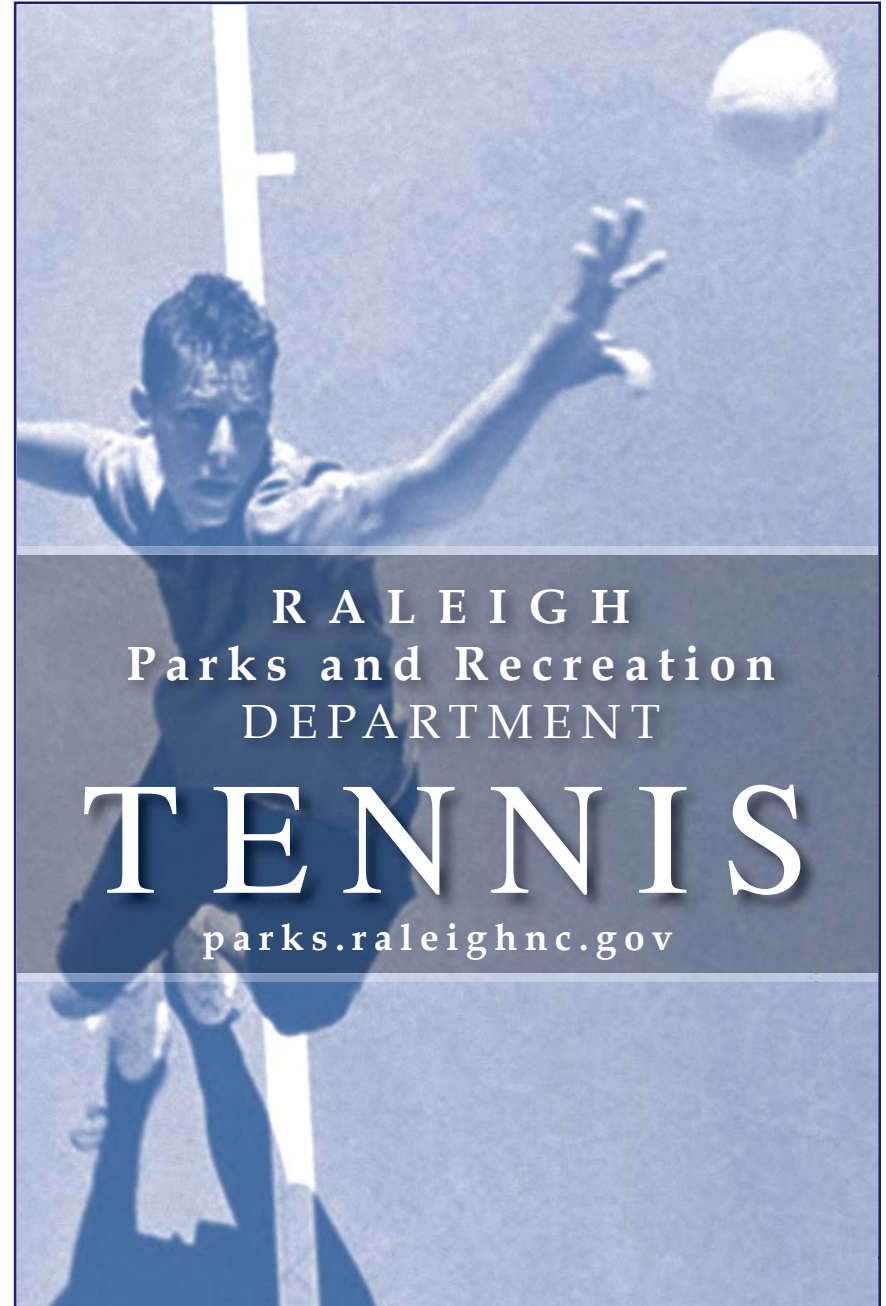


**Millbrook Exchange Tennis Center**  
**Raleigh Parks and Recreation Department**  
919.872.4128 or 919.872.4129  
Fx. 919.713.4194



RALEIGH  
Parks and Recreation  
DEPARTMENT  
**TENNIS**  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

**Millbrook Exchange Tennis Center**  
1905 Spring Forest Road  
919.872.4128



*City of Raleigh*  
**Parks and Recreation Tennis Program**  
*Mission Statement:*

*To provide opportunities in tennis for  
all age and ability levels.*



**Tournaments**  
at Millbrook Exchange Tennis Center

Adults  
Raleigh/Wake County Senior Games  
Raleigh City Tournament (Wake County Residents Only)  
Frostbite Doubles

Youth  
Jr. Team Tennis  
Raleigh City Junior (Wake County only)  
USA Tennis NJTL Tournament  
Bull Frog

**Millbrook Exchange Tennis Center**  
is available for:

***Meeting Space, Corporate Events  
Classes, and Special Events***

For availability contact the center  
at 919.872.4128





## Adult Play

**Women's Morning Quadrants:** All matches are at Millbrook Exchange Tennis Center. Each week there will be eight courts of doubles matches. A player will play a total of 24 games in a round robin format-8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or to have a substitute present.

**World Team Tennis:** WTT is co-ed teams competing in a format of 6 no-ad sets. One set each of men's and women's doubles, men's and women's singles, and ending with 2 sets of mixed doubles. Total games won from all sets determine the winner. Substitutions and coaching are allowed during the match. (summer)

**RATL Doubles League:** This is an NTRP level doubles league (spring) or mixed doubles (fall) weekday evenings at 6:45pm. Team matches consist of 3 mixed doubles matches. Park, club and subdivision teams play a weekly match on the same day each week.

**Raleigh Grand Prix Challenge Ladder:** Competitive singles or doubles ladder play for NTRP levels 2.5 – open for men and women. Participants play challenge matches for points. Players may join the ladder anytime during the first six weeks of the session. Ladder rankings will be updated and emailed to you each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament.

**USA League Tennis:** Offered in the spring, teams form using NTRP ratings from 2.5 – 5.0 for men and women. Teams compete locally and try to advance to district, section and national playoffs.

**USTA Combo League:** Offered in the fall, this doubles league consists of combined ratings teams. For example, in the 8.0 league, 2 players at the 4.0 level play together. Separate leagues for men and women.

**Free Play For Seniors(55+):** Senior play days are held at Millbrook Exchange Tennis Center on Monday and Thursday mornings throughout the year at 9am. This is a drop-in mixer with all levels of play, simply show up and play.

## Rules and Regulations Millbrook Exchange Tennis Center

### I. Individual Tennis Court Reservation Policy

- A. Players may reserve a tennis court for \$3 for the first hour and a half and \$1 for each additional half hour.
- B. Courts may be reserved by calling the Millbrook Exchange Tennis Center or by making a reservation in person at the Tennis Center. Reservations may be made up to seven days in advance.
- C. Players may reserve a court Monday through Sunday during regular business hours, which are:

*Spring/Summer/Fall:* Mon. - Fri. 9:00am - 9:30pm  
Sat - Sun 9:00am - 6:00pm  
*Winter:* Mon. - Fri. 9:00am - 6:00pm  
Sat - Sun 9:00am - 1:00pm

***When the Tennis Center building is not open, courts are available until the lights go out at 10:30pm every night, on a first come first serve basis.***

- D. There is a fifteen-minute grace period for players having a reservation. If players have not arrived by then, court time will be available to players on the waiting list.
- E. Players are requested to call the Center and cancel their reservations if they know they will not be able to make it.
- F. Refunds or partial refunds will not be given for unused court time.



## II. Free Play Policy

- A. All players must check in at the Tennis Center building and sign in on the chalkboard prior to taking a court.
- B. Any courts that are not reserved will be available on first come, first serve basis at no charge. A waiting list will be kept at the Tennis Center building. Courts that will be available will be: (1) courts 13 and 14 (2) Courts that have not been reserved, (3) Reserved courts where players are more than 15 minutes late.
- C. Free play players will be limited to one hour of play if others are waiting. Reservations will have priority over free play players on courts, which in some cases will mean that the free play players will not get full a hour of play. (E.g. If a player takes a court a 5:30 and all of the courts are reserved at 6:00, then the free player will get only 30 minutes of play.)
- D. Organized activities will have priority on the courts when necessary. (Tournaments, leagues, lessons, etc.)
- E. Court 15 will be an Open Doubles Challenge court.
  1. Any two players may challenge onto the court.
  2. Singles players using court 15 must accept a doubles challenge or relinquish the court.
  3. A challenger match will consist of one six game set.
  4. The winning team remains on the court to play the next team.
- F. Players should wear smooth soled tennis shoes.
- G. Non-tennis related activities are not permitted on the courts. (skateboards, bicycles, rollerblades)

**Level 1:** No experience needed for this class. You will work on full swing forehand and backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set.

**Level 2.0/2.5 Drills:** Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. This class works on using full swing forehand and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass, players must successfully demonstrate these techniques while playing a match.

**Level 3.0 Drills:** Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.

**Level 3.5 Drills:** Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This is a drills class which will work on all of your strokes. To graduate from this class, matches must be at the 4.0 level.

**Level 4.0/4.5 Drills:** Must be at the NTRP 4.5 level or higher or able to hit topspin and underspin during matches, this is a drill class which has less instruction and more drilling. We don't work on your technique, we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run.





## Junior Play

### Match Play:

Ages 8-18. Players will be grouped for singles and/or doubles play during this 2 hour session. Must be able to play full court tennis to sign up for this class. Instruction will be minimal. Matches will be monitored by an on court coach.

### Team Tennis:

Ages 8-18. Junior Team Tennis at the Bronze, Silver and Gold levels, for girls and boys who can play full court tennis, keep score, serve from the baseline and HAVE played singles and doubles matches. In the summer, this program meets Mon-Thur 1:30-3:30pm for practices and matches against city, club and subdivision teams. In the Fall and Spring, there will be 1 weekday practice after school and a match on Saturday morning. At practice you will work on strokes, shot combinations and singles and doubles strategy. Tryouts will occur as needed.

### Ladder:

Ages 8-18. Competitive singles ladder play for boys and girls at the Bronze, Silver and Gold levels. You will be emailed an updated ordered list of the other participants and the ladder rules. Then, you can start arranging matches with the other players where you will accumulate points for playing matches. Players may join the ladder anytime during the first six weeks of the session.

### USA Tennis NJTL

(1996 National Chapter of the year):

Ages 6-16. National Junior Tennis League for beginning and low intermediate players. This summer program places kids on teams where they are coached how to play the sport and then they compete in matches against other NJTL teams. **No experience necessary!**

### Player Benefits From Tennis

Tennis will add years to your life and life to your years. When people are active, physically and mentally their lives become more rewarding and healthy. Social and competitive tennis programs are beneficial to players of all ages and skill-levels. It is never to late to start.



## Junior Classes

### Tiny Tots:

Ages 4-6, eye-hand coordination games and fine motor skills are the focus of this fun introduction class.

### Level 1:

Ages 6-18. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set.

### Level 2:

Ages 8-18. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass, players must successfully demonstrate these techniques while playing a match.

### Level 3:

Ages 10-18. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.

### Level 4:

Ages 10-18. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots.

### Level 5-Advanced Drills:

Ages 12-18. Must be able to hit topspin and underspin during matches, this class has less instruction and more drilling. We don't work on your technique, we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run.

### Tennis Camp:

Summer camps are for ages eight to sixteen. The camps will meet Monday through Friday from 9:00 am - 12:00 pm. The camps are for all levels of play. Players will receive instruction in the following areas: groundstrokes, serve, net play, rules and scoring and sportsmanship. Early drop-off for campers is available at Millbrook change Tennis Center beginning at 8:00 am.



# City of Raleigh TENNIS COURT LOCATIONS

Court Site	# Courts	Address
1. Biltmore Hills Center	8* (B)	2615 Fitzgerald Dr.
2. Brentwood Park	2*	3315 Vinson pl.
3. Carolina Pines Park	3* (B)	2305 Lake Wheeler Rd.
4. Cedar Hills Park	4*	5600 Sweetbriar Dr.
5. Chavis Park	2* (B)	505 Martin Luther King Blvd.
6. Eastgate Park	3*	4200 Quail hollow Dr.
7. Fred Fletcher Park	2	805 Washington St.
8. Glen Eden Pilot Park	4* (B)	1500 Glen Eden Dr.
9. Green Rd Park	4*	4201 Green Rd
10. Jaycee Park	2*	2405 Wade Ave.
11. Kentwood Park	4*	4531 Kaplan Dr.
12. Lake Lynn Park	4*	7921 Ray Rd.
13. Lions Park	8* (B)	516 Dennis Ave.
14. Method Rd. Park	2*	514 Method Rd.
15. Millbrook Exchange Park	23* (B)	1905 Spring Forest Rd.
16. North Hills Park	2*	100 Chowan Cir.
17. Optimist Park	8*	5900 Dixon Dr.
18. Powell Drive Park	2*	704 Powell Dr.
19. Pullen Park	6*	520 Ashe Ave.
20. Roberts Park	2* (B)	1400 East Martin St.
21. Sanderford Road Park	3* (B)	2623 Sanderford Rd.
22. Spring Forest Road Park	4*	4203 Spring Forest Rd.
23. Tarboro Road Park	2* (B)	121 North Tarboro Rd.
24. Williams Park	2	6601 Leadmine Rd.
25. Worthdale Park	6* (B)	1001 Cooper Rd.

### Legend:

\*Lights

(B) Backboard

TENNIS COURT  
LOCATIONS